



Remember the Music



Monday, December 10, 2018

11:00am – 12:00pm

Join Katherine for an educational and entertaining Holiday Music program to include:

- Information on how music positively influences emotional health
- How music helps memory
- Experiential learning with Healing Music

Enjoy seasonal melodies celebrating December holidays particularly Hanukkah. Stroll down Memory Lane with uplifting music that brings happiness and joy.

Katherine Cardinal is a Gerontologist and Certified Dementia Practitioner as well as owner of Cardinal Gerontology.

Program is **free**.

Register in advance as space is limited. (860) 561-7583.

Co-sponsor:



Cardinal Gerontolog